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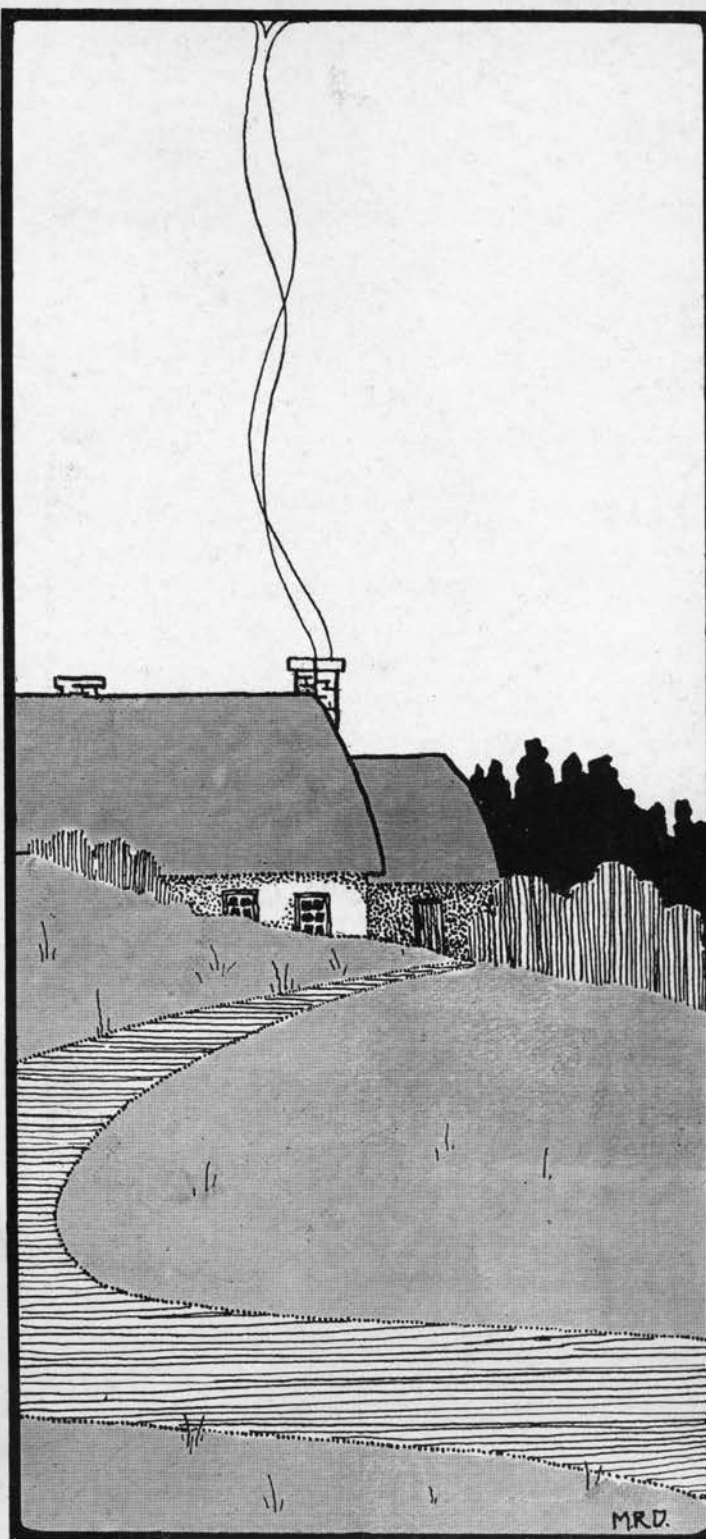
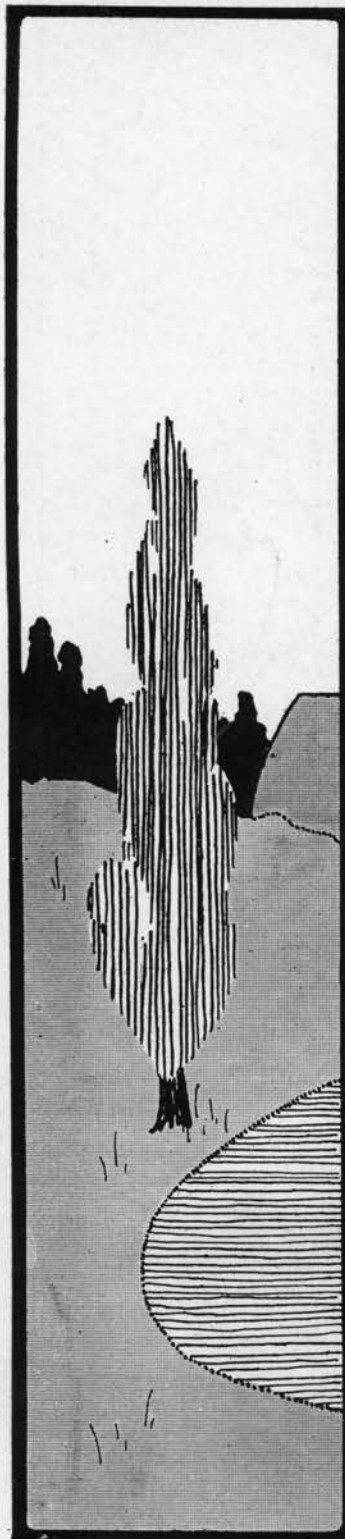
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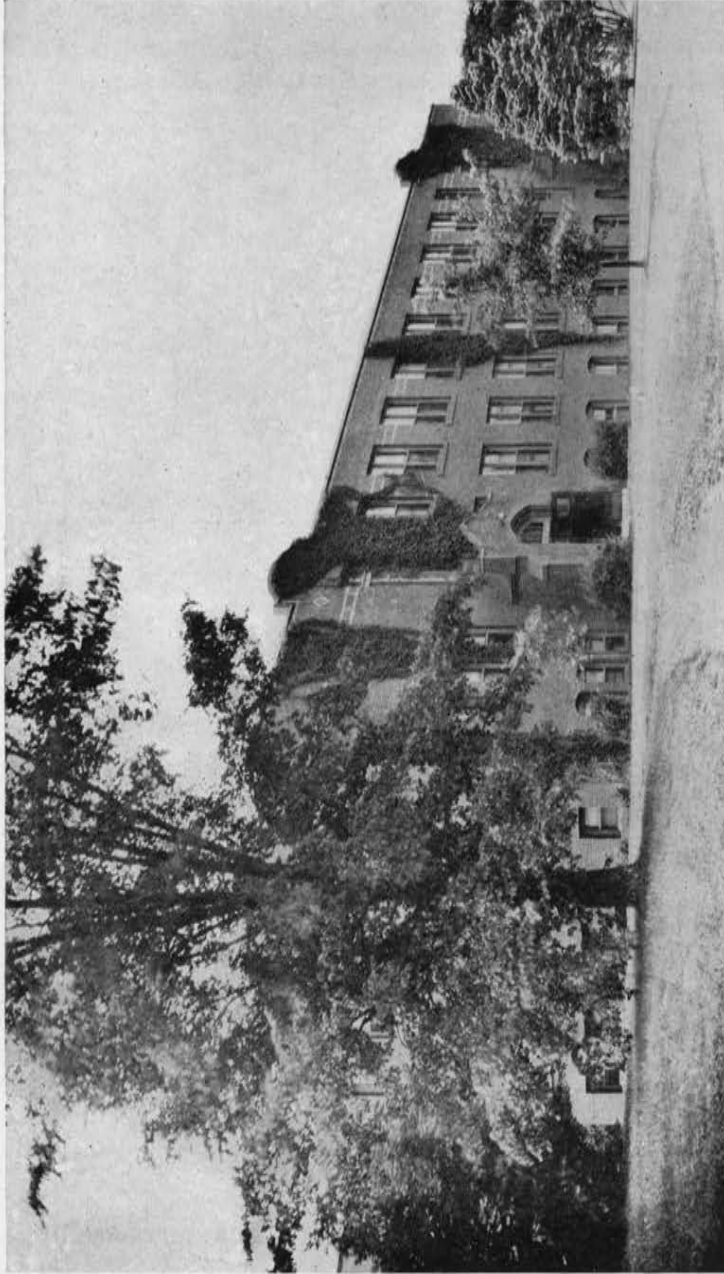
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and C H. Plunkett

THE IOWA HOMEMAKER

IOWA STATE COLLEGE





THE HOME ECONOMICS BUILDING

This building is crowded this year as it never has been before. Even the small temporary structures which have been built awaiting the erection of a new main building, are filled.

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemaker's School"

VOLUME I

OCTOBER, 1921

NUMBERS 7

The Yea and Nay of Newspaper Work for Women

By HELEN EASTER

WHAT TO DO after college is the problem that confronts many girls at graduation time. The question, "You're going to teach?" usually accompanies the customary graduation congratulations.

"It's like prunes for breakfast," one girl said. "We just about have to teach because it's the usual thing to do. We're afraid to tackle the tempting plums just outside our window."

It is a mistake to think that a college education prepares girls for the teaching profession alone. There are many professions, just as congenial and just as remunerative, that women can enter and know that their chance of success is not lessened by their sex.

Until the war newspaper work for women was unusual. Men were preferred for nearly every department of newspaper work. However, since then it has been proved that there is a very definite place in this field for women who are willing to work to gain success and recognition. Women have successfully filled places held by men and not only does their work measure up to that of their male predecessors but their pay envelopes also.

Last year the Department of Agricultural Journalism at Iowa State College sent out questionnaires to one hundred of the typical newspapers over the country. Altho no sweeping statements as to the place of women in the journalistic field can be made from such a small number of questionnaires, the newspapers which responded were such typical ones that it is safe to draw some conclusions.

The opinions of the editors differed as to how broad the field is, but all agreed that women journalists are very valuable. The proportion of women engaged on these papers was about five to one, altho the number varied greatly.

Most of the editors said that they preferred women in certain types of work but they admitted that they are capable of handling stories in almost any department. One editor said he found women equal to men in any type of work and he preferred them in departmental work requiring attention to detail.

Some of the editors questioned whether or not women were broadly enough educated for newspaper work. However hundreds of newspaper folk have been successful who have had no training save experience. An education is an advantage, but there is no training that is useless in journalism. Some kinds of training prove very valuable in this work. A thoro course in English is recommended and a good journalistic course is a great advantage.

There is another side to women in newspaper work. That is their own personal attitude. Since the only way to get

an idea of their feeling toward their work is thru the women themselves, a questionnaire was sent to about 75 women who have gone into this work seriously. The results were exceedingly interesting.

The average length of time spent by these women in newspaper work was six years, tho it varied from six months to twenty-eight years. The average number of working hours was eight or less a day. Most of them were called upon to do extra work outside of hours. Only one received extra pay for such work. Salaries on the whole were good. The lowest salary reported was \$20 per week and some were over \$75. Most of the replies indicated that the women felt that there was a future both in the position and salary.

It is often said that a woman is not successful in newspaper work because she works from day to day. Her job is to her a "bread and butter" job. She works just to earn money. However, not one woman admitted that she was in the game for the money's sake. Instead the replies showed that the newspaper game has a real hold on the women who play it. They spoke of it as "great mental experience," "the greatest game in the world." "It means my ambition, my content, my chief source of happiness," was the way one woman put it. "I'd rather do it than anything else, with four times the salary." Which all goes to show that in entering the newspaper field women aren't tackling something that is not meant for them.

A very decided feeling reflected in the replies was that women are especially fitted to handle news pertaining to women. On the other hand there is a strong feeling that women can handle any kind of work that men can handle.

There are, of course, drawbacks to the profession. It is strenuous, it necessitates contact with harsh circumstances, the hours are uncertain and just now women usually hold the subordinate positions. Every woman who replied said that the compensations of the work more than balanced the drawbacks.

There is no work that gives keener insight into human nature nor greater social privileges. The mental activity is excellent and it is an education in itself to be in the work.

In conclusion let me quote from the letters received:

"Newspaper work is hard, grinding, under paid, and yet no one who has ever tasted its joys would willingly give it up."

"Every minute of the day, every day of the year brings something different. There is no such word as 'monotony' in a newspaper dictionary. You are plunged into the great ocean of human emotions, your finger is on the pulse of the world. You meet on an equal basis the greatest people of the world. You know with a degree of intimacy men and women you would never meet in any other profession. If you are only interested in human nature you will love newspaper work."

"Newspaper work may be wearisome to the woman who is mentally lazy or who has not caught the thrill of the game. The woman who likes activity and hustle and bustle and romance of life finds that newspaper work is play—play with a constant thrill which play seldom has."

And so when the question is put, there is an unanimous "aye." It is a game worth playing. If there is the desire, the field is open, the game is fascinating and the laurels are there to be shared by both men and women.



The Staff of the Iowa Homemaker.
These Girls Believe that the Journalistic Game is Worth Playing.

Facts About the Feeding of Young Children

By BELLE LOWE, Instructor in Nutrition and Dietetics

FOOD IS MORE to a child than a padding to fill the ever expanding cavity which is his small stomach. Food is more to him than a pleasing collection of flavors to tickle his palate and satisfy his appetite.

Food is the child's future muscle, brain and brawn. Food is the foundation stone of his mental and moral health, and as such, must be one of the chief considerations of the mother who has young children. A little time spent today in studying the proper foods for three year old "Jimmy" may considerably lessen his dentist bill twenty years from now.

In recent articles we have discussed the feeding of infants up to nine months of age, or until the time when they are usually weaned. After weaning both artificially fed and breast fed infants may eat practically the same foods.

The main thing for mothers to remember in the feeding of young children is that all children differ both in development and in the kinds and amounts of foods which they can eat. Jimmy at nine months of age may be as well advanced as Mary at twelve months of age. Jimmy may digest eggs easily when he is twelve months while Mary should not have them until she is at least eighteen months.

Obviously, since children are not all alike, only general requirements and methods of feeding may be given in an article of this kind. The wise mother will change these to suit the needs of the particular child.

A child needs food for the growth and repair of muscles and tissues. He needs materials to supply bones, teeth, body fluids and nerve tissue and to maintain body activity. He also needs vitamins without which his small body will stop growing.

The foods which fulfill these needs are milk, cereals, dry bread or toast, fruits and vegetables. Milk should form the basis of the diet. Every child should have from one pint to one quart daily. Children from nine to twelve months of age may take their milk slightly diluted with water. After that time dilution is not necessary. Milk may be taken in different ways, as in cream soups, on a cereal, cooked in a cereal, in junket, in custard or to drink.

Cereals should be thoroly cooked, before they are fed to children, so that the cellulose will be softened. Serve vegetables in cream soups such as cream of tomato, potato, spinach, pea and celery soup, or mash and season them with a little butter and salt.

A large group of Chicago children who were unaccustomed to eating vegetables acquired a liking for them when they were served with unthickened milk and butter. The very small child may be fed the milk drained from vegetables, prepared in this way.

With fruits, orange juice is still a stand-by. However, apples in the form of mashed apple sauce, prune juice or pulp, raspberry or grape juice, cooked, dried or fresh apricots and peach pulp may be given. In feeding very young children the important thing is to give juice or pulp and not the whole fruit.

Today's Child

*G*AZE at the dear little child of today—
Plan what he shall eat and how he shall play;
For child of today is man of tomorrow,
Bringing to earth its joy or its sorrow.

*While he is young we can mold him as clay
Through proper food and purposeful play;
But when he is grown, he's a twig that is bent,
And for our neglect—we can only repent.*

Children will swallow bananas in thick chunks unless the fruit is first put thru a sieve.

Children should not drink tea or coffee. This is so generally understood that it may seem foolish to mention it, but even in this enlightened age there are those who would feed a baby tea or coffee because it makes a funny face or wrinkles its nose so cunningly.

The method used in preparing food for children is as important as the food itself. The digestive system of a young child is not so strong as that of a grown boy or girl or that of an adult.

Very coarse foods are irritable to the intestinal membrane of a child. Foods that could not otherwise be fed will be all right if they are mashed and broken into fine particles by being put thru a strainer.

Totally omit from a child's diet any seasonings that are stimulating or irritating, as pepper, mangoes and spices. Fats are usually the hardest foods for most children to digest so that fried foods and foods containing large amounts of fat are to be avoided also.

Do not give children too much sugar. Both fats and sugar furnish only heat or energy for the body. They do not form bones or tissues. If taken in excess they are stored in the body as excess fat in-

stead of healthy tissue. Sugar dulls the appetite and most children need to learn to eat fewer sweets.

Avoid warm breads. Toast or hard bread will give the child an opportunity for the development of teeth and jaw muscles.

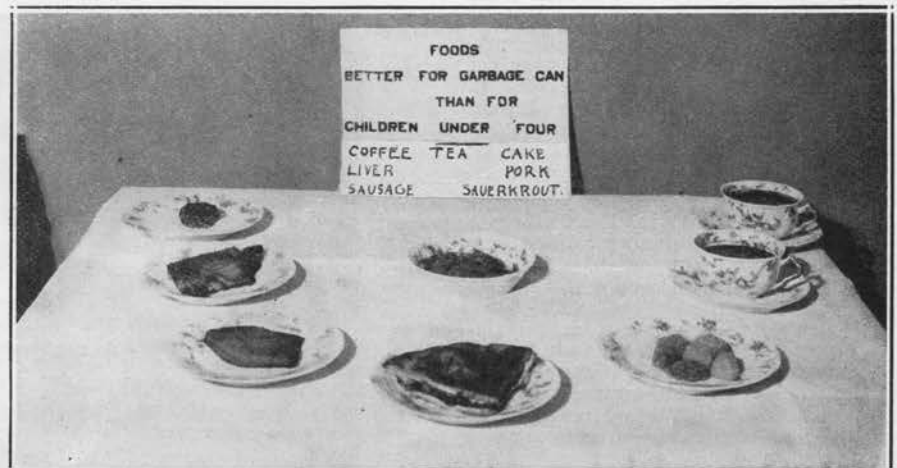
Children need to be taught how to eat as well as what to eat. Show them how to hold the spoon and how to put the food on the spoon. Be patient with their mistakes and teach them to like the food which is good for them.

Prejudices of older people often influence children against a certain food. I know one grandfather who never fails to remark that spinach is not "fit to eat" whenever it is served at the table. Is it any wonder that his daughter has trouble in getting the little grandson to eat spinach?

I know a father who makes fun of his two year old son by saying that "only babies drink milk." This same father has a herd of fine Hereford cattle. He allows the calves to drink milk till they are a year and a half old. Milk is a good food, in his estimation, for a calf a year and a half old and yet a calf is much more nearly grown at that age than a child of eight years or more. Needless to say the little son of the family does not like milk.

If a food really disagrees with a child do not try to give it to him. If the child is merely prejudiced—try to overcome the prejudice.

An Ames mother, not long ago, said that her small son gagged every time he was given any vegetables. Being a wise mother and knowing that he needed vegetables of some kind, she took him to a doctor. In this case it was the mental reaction of the child that made him vomit. Upon the doctor's suggestion she started giving him a small amount of vegetable before giving him something he was especially fond of. She took him to see Chow Chow. She played games with him while he was eating to take his attention away from the vegetables. The child now eats and likes all kind of vegetables.



Poor Food Makes Poor Children
Avoid Pastries, Cakes and Fried Meats in Child Feeding

I was visiting in a home not long ago where there was a tiny three year old girl. At luncheon this little tot gravely asked to be served with the creamed onions before she was served with other food. Being rather surprised, I asked her if she was particularly fond of creamed onions. "No," she replied wrinkling up her small nose, "I don't like them at all, but if I eat them now, I can eat the good things after." She had been trained to eat the foods that were good for her. Her choice was, not to make a scene when she was served with foods which she disliked, but to eat them first and then enjoy the dishes she really liked.

The more we learn about nutrition, the more we find that a varied diet is the best diet for a normal person. If children choose their own diet, if mother gives them always the foods that they like best, they are going to have a restricted diet. A child who refuses to eat certain things is not only cheating his own physical well being but is laying up embarrassment for his mother and himself later on. You all know the finicky child. You have all witnessed his mother's embarrassment when she takes him visiting, and he refuses to eat the food which the hostess serves him. You have all been hostesses to such a child.

This spoiled child, if continually pampered will meet with difficulty when he goes away to school. When he leaves the parental roof to go to a home of his own he will take his pampered tastes along with him and autocratically start his children in his own footsteps. Many boys in the army, who had been "pampered children" in their own homes, learned to eat certain wholesome foods which they had never eaten at home, and they were far better off for having done so.

To save oneself and ones children from future embarrassment and to give boys and girls a foundation stone for physical, mental and moral health, give them a varied diet of the right kind of foods.

An Inventory of Skill for the Honest Homewife

By ELIZABETH STORM

IF AN HONEST confession is good for the soul, then the same sort of a confession is equally good for the pocket book. In these days of nip and tuck to make both ends meet, a little examination into ones methods of household management and daily expenditures of time and money will not come amiss.

To make this inventory of skill, one must be ruthlessly conscientious and pitilessly critical of ones own self—frank to the last interrogation point. A premium must be laid on the smallest, most personal items since they affect, either directly or indirectly, the whole family.

Since the grocery bill is one of the biggest financial bears with which the housewife has to struggle, take him to task first and see if his diet of dollar bills might not be cut down—at least a little.

Settle yourself in an easy chair with the following questionnaire and a blunt, black pencil. Make yourself physically comfortable or you will excuse yourself on the grounds that you are too tired to care.

DO YOU:

- Save the paraffin from your jelly from year to year?
- Keep all flours and cereals in mouse proof containers?
- Weigh your meat on accurate scales when it comes from the butchers?
- Serve no larger portions than can be eaten, especially to the children?
- Know the art of making hash so the family asks for more?
- Use all you buy before it spoils?
- Know that souring does not spoil the food value of milk?
- Buy only seasonable fruits?
- Know your state regulations on foods and weight requirements?
- Ever visit your dairy to see where your milk is coming from?
- Decrease your meat bills by using macaroni, egg and cheese?
- Make your own syrups for waffles and pancakes?
- Serve expensive, low-valued breakfast foods instead of cooked cereals?
- Bake your own bread, cakes and cookies?
- Plan meals which are so nourishing that the family are filled up without their stomachs being overloaded?
- Apportion your grocery allowance so as to get the most food value for the least money?

More money can dribble out of the family purse into clothing, with less to show for it than anywhere else in the household. Of course one must be well dressed. That does not mean extravagantly dressed but in these days it does mean the everlasting watch of the little leaks.

DO YOU:

- Do your mending fifty-two weeks in a year?
- Look at the material in a garment before the style?
- Wash your silk stockings after each time you wear them?
- Know how to darn serge with a thread of the fabric?
- Place your shoes on trees after each time you wear them?
- Sun and air your woolen clothing frequently?
- Fasten the ends of your thread to the spools when thru sewing?
- Know how to do small pieces of dry cleaning yourself?
- Know how to dye faded out dresses?
- Have a dollar dress form made to fit yourself?
- Know how to use a foundation pattern and how to alter it?
- Wear cotton stockings at home?
- Have moth proof bags for coats, suits and furs in the summer time?
- Buy white goods, toweling and sheeting by the bolt?
- Apportion your clothing allowance so as to get the most wear out of the least money?

All sorts of mysterious things happen to clothes in the laundry if care is not exercised. Maybe your budget leak is in the basement.

DO YOU:

- Know how to remove all kinds of spots and stains from all kinds of fabrics?
 - Use turkish towels instead of huck to reduce your ironing?
 - Shrink all good before making up and at the same time set the color in gingham?
 - Hang your sheets with the ends up on the line to prevent the hems whipping out?
 - Buy your soap by weight?
 - Keep your machine oiled and in perfect running order?
 - See that your clothes are not eaten up by strong washing powders?
- Household management covers a multitude of things. An eagle eye must be al-

ways trained in a dozen different directions to be sure to detect the slightest discord in the even running of the household machinery.

DO YOU:

- Save your linen by using Japanese lunch cloths and unbleached muslin sets?
- Know how to clean and wax your floors yourself?
- Save and sell old rags or make them into attractive rugs?
- Save storestring and wrapping paper?
- Make holders for the kitchen or use dish towels?
- Protect your comforters at the top by easily washed muslin strips?
- Make your own hand lotions?
- Know how to determine cotton in linen and wool?
- Have rubber tips on your kitchen faucets to reduce the breakage of your china?
- Budget your income or just keep account of the money after it has gone beyond recall?
- Pay your bills by bank check and keep the stubs in the checkbook so you will know where you stand?
- Watch the advertisements of sales and then buy only what you really need?
- Buy your household supplies in quantities and thereby get them at a reduction?
- Burn fifty cents worth of gasoline because you didn't make a memorandum for the first trip to town?
- Use every bit of available floor space to the best advantage?
- Know that your extra spare bedroom might do better service as a nursery?
- Have a cleaning closet holding all of the truly laborsaving devices and cleaning agents?
- Know how to read gas, water and electric meters?

Now that you have given the house and its furnishings a thoro inventory and feel satisfied that you see thru all the leaks, and what is more, see the way in which to stop them, let's take a peep into your own personal life in the places where it touches your friends and family. Happy home life adds to family cooperation and makes cheerful dispositions and therefor it is a good thing for the family pocket book.

(Continued on page twelve)

Who Waits on Your Table?

By BETH BAILEY, Associate Professor of Home Economics

IS THE MOTHER of your family the hostess or is she a waitress for the rest of the family?

How often one finds the mother jumping up from the table countless times during the meal to get this or that, while a daughter or son sits, willing to be waited on.

This is altogether the wrong state of affairs. Most mothers in their desire to help their family, make the error of rearing children who accept the idea of being served rather than of serving. A boy or girl of 12 should be taught to feel that the mother is the most honored person in the home. It should be a joy to help her and to save her steps.

True it is, that many a mother will perform a task herself rather than wait for the slower and more clumsy movements of a child, but see what the result is. As the boy or girl grows older, the willingness to be waited on grows. The child is not to be blamed. She has never been taught to be thoughtful of the needs of her mother. The natural desire of the girl or boy has been killed by a busy mother's thoughtlessness.

In one family in which there is a girl 18, and two boys, 16 and 12, the mother never sits thru a whole meal. She continually jumps up to replenish the bread or to pour the water or to get this or that. The girl may now and then say, "Why didn't you let me get that?" but more often the service goes unnoticed. The mother is a slave to her family. The children have never learned to be observant of the needs of others. It is really the children's loss.

A boy or girl of 12 can wait on the table very easily if the mother has forethought in planning and patience in executing. First of all, a serving table is a great help. Here are placed extra silver and dishes. Perhaps the dessert can be placed here to save going to the kitchen. A little girl of 12 can help set the table and see that everything is ready for the meal. She should feel that she is all essential to the success of the meal.

One little girl of 13 whom I know feels very responsible for the appearance of the table. She takes great pride in getting flowers or a plant to brighten the dining room. When the meal is an-

nounced, this little lady assumes charge of all further waiting on the table. She removes the dishes as nicely as an adult. At times her mother helps with some final preparation of dessert, but for the most part, Dorothy serves the meal. Her mother is tired, she has prepared the food. During the meal, Dorothy is never willing to allow her mother to get up to wait on her. It is no wonder that in this household the younger children also feel the spirit of helpfulness. To help mother—not to be waited on by mother—is the family slogan.

Now let's see. How shall we start?

At breakfast we will have the whole family up and dressed—ready to start the day right by a happy meal together. Of course at times some one of the family must have an unusually early breakfast, but as a rule, breakfast should be a family meal, not a snatching, gulping sort of process, where, in the rush to be off, no one speaks or smiles. Breakfast must be a simply served meal—but even here the girl or boy can see that the table is complete and, if, in the course of the meal, a cup or spoon is lacking, let the child leave the table to get it. It is wrong for the mother to stay in the kitchen to bake griddle cakes while the family eats. At no other meal is she so needed to keep the right spirit at the table. Start the day right with a happy breakfast. One is apt to arise with a frown and to hurry off to school or to work with the same frown. So let's say—begin the day with a breakfast with the entire family present and with the mother at her place pouring the coffee or serving the cereal. Plan to have the food served at the table so that there is little or no service necessary.

Then for dinner at noon—when that young lady of 12 or so comes home, it is not too much to expect her to take charge of the final preparation of the table. There is the water to pour, the plates to place, etc. How often a mother says she won't ask her daughter to help because "she can only be a child once." True it is, and only during this period of development and habit formation comes this opportunity for character building.

Dinner is ready and the family is seated. A big spoon is missing and father speaks to the daughter, not to the mother.

When it is time to remove the plates, the mother may help if the platter is too heavy, but as a rule, a girl of 12 can clean the table nicely and quickly, especially if there is a tea wagon or service table. Then the dessert dishes and the dessert are brought to the table. All food is served at the table rather than in the kitchen, to save steps in bringing in individual servings. After dinner, of course, the daughter helps clear the table and stack the dishes. Often there is time to help with the dishes and what a fine opportunity this is for a mother to keep in touch with her growing daughter! What a spirit of comradeship develops out of this cooperative housekeeping!

If the little girl shows a desire to help prepare the meal, the mother should be careful of criticism and should realize that a little patience now will result later in a helpful, capable daughter.

The evening meal is often of the type that is so simply prepared that the daughter can be of great help. Many a girl of 12 or 13 takes delight in getting supper ready as a surprise. If the muffins are not as light as usual or the tea is too strong, it is of no great consequence. It only means that the mother must be more explicit the next time she makes muffins and must help correct these errors. Too often, a mother tries to teach a daughter to make muffins by saying "get me the milk, now get me the baking powder, now grease the pans"—then wonders why the little girl doesn't succeed with muffins when she tries to make them alone.

A boy can be of great help in table service, too. It is not a "sissy" job to help in this way. Boy scouts are made to feel the joy of relieving mother of some of her many tasks. Any child of 12 or over has a right to the pleasure derived from this kind of service. It is at this age that children are trained to be thoughtful or are allowed to grow up to be thoughtless.

Let each family aim to have the mother the honor guest at the table. Her place is at the table. She can not direct the conversation or maintain the right atmosphere if she is not in her place. Let boys and girls grow up with this ideal. Let the hours spent at family meals be happy hours.

My First Flight in the Pursuit of Beauty

By EDA LORD MURPHY, Associate Professor of Home Economics

FOR YEARS I'VE heard my friends talk about having "a facial." I've known vaguely that whatever it was it gave them no end of satisfaction; and I could see for myself that the immediate results were noticeable to the naked eye.

I confess it became rather a matter of pride with me not to have the beauty parlor habit. It was false pride and a mistaken sense of security. It was the bliss of ignorance. However, I resisted the lure of the beauty shop until yesterday. I caught sight of myself in a mirror and the horrible truth dawned upon me, that to delay longer would be suicidal.

The day was hot and so was I.

I ran quickly to the telephone and made a date at the earliest possible moment with her who guarantees to make us young and beautiful.

She is the personification of her art. She is plump and pink and pretty. There are no creases and crows feet to mar her good looks. She wouldn't tolerate them. She'd say she couldn't afford to. "Gawd knows" I can't.

And so it came about that I lay swathed in an enveloping white garment at a comfortable angle in the operating chair.

Her finger tips were dipping deeply in-

to soft, white, faintly scented face cream and they were slipping smoothly over the wrinkles in my brow. They made the circle of my eyes, they pressed softly on the lids, they searched the little corners and then with gentle persistence began all over again.

Then came the twist of the Turkish towels. Suddenly I was extinct (except the tip of my nose). I had completely disappeared behind a thick, hot towel. Presently I emerged for a moment, only to disappear behind a thick, cold towel. My poor face didn't know what to make of it. The busy little muscles that make

my expression were simply worn out jumping from hot to cold and gave up in despair, "in perfect relaxation" she murmured from behind.

I was about to drop off to sleep when I heard a whirr and a buzz and felt the velvet touch of a vibrator on my cheek. The tickling thing crept and crawled, jiggled and joggled, while I tried not to squirm. It ventured farther and farther. It explored regions as yet inviolate. To my great joy, at last, she turned off the

switch, but only for a moment. Horror of horrors! A light suddenly glared at me. All the rays—red, violet, indigo and X, were revealing what the years—the cruel years—had done to me. This was accompanied by low voiced instruction as to what I should have done; how, if I had been less dull, I might have preserved the freshness that, presumably, I had in my youth.

I was prostrate.

Then, just as it had all seemed hope-

less, life began to take on the sweet odors of violets and gardenias. Tiny little brushes smoothed my brows; slender little pencils touched my willing lips, pleasant lambs wool left the bloom of youth in just the right spots.

I ventured to look. Could that person in the mirror be me? Twice the price would have been nothing as reward for this result. Apple blossoms, peaches and cream, a skin you love to touch—thats me at last!

A New Cure for the "Run-Down" Housewife

The Rearrangement of the Kitchen and Its Equipment

By CARRIE PLUNKETT

TANLAC, vegetable bitters, herbs of iron and other concoctions offered as remedies for backaches, strained shoulders, tired feet or whatever ails the "run down" housewife, has a new competitor in the field—the rearrangement of the kitchen and its equipment. Many steps are taken needlessly every day and many backs are weary at night, because of poorly arranged and inefficient kitchens. If you find yourself tired before your Saturday baking is over, look around your kitchen and see whether you have been carrying your cakes and cookies from the cabinet shelf clear across the room to the oven or if you have had the oven brought across the room to the cakes and cookies.

The housewife who is contemplating building or rebuilding has the best chance in the world to plan a well arranged kitchen. Here are a few salient points concerning the construction of the kitchen which it would be well for her to keep in mind.

If most of the cooking can be done in

the forenoons, a west kitchen will be much cooler for summer. Weighted windows, high enough for a table or sink to be put under them, placed on two sides of the room will give good lighting and ventilation to carry away cooking odors.

Ten by twelve feet is a good size for a kitchen, where no help is employed. There should be two doors, one opening into the dining room and one to the outside of the house.

A very satisfactory wood trim for the kitchen is of oak or hard maple, with a waxed finish. For the walls a smooth hard plaster, treated to two coats of paint, makes a finish that can be wiped clean with a damp cloth.

Linoleum of a good quality, properly fitted to the room, has probably more points in its favor than any other covering or treatment for a kitchen floor. It is durable, easily cleaned and is easy to walk or stand on.

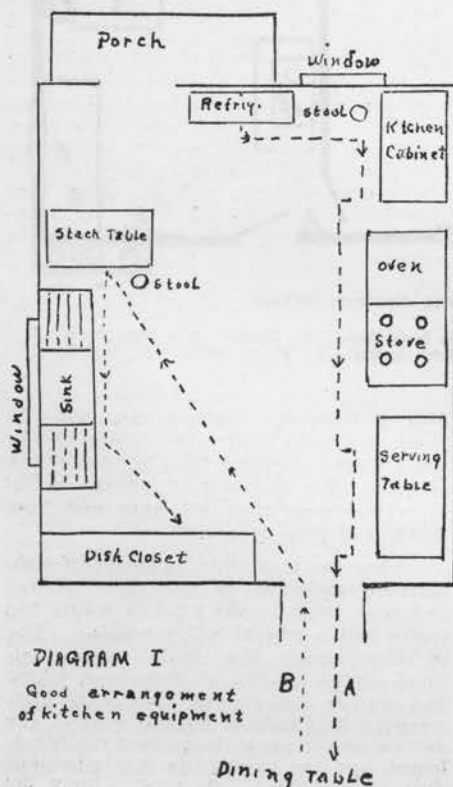
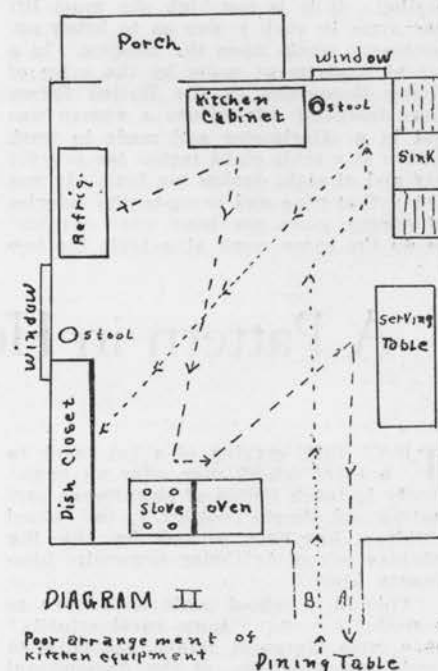
Artificial lights, one each for the stove, sink and work table might just as well be placed low enough to throw good light on the working surfaces as to be fastened up against the ceiling.

If built-in cupboards are to be had, a dust trap can be avoided by extending them from the floor to the ceiling. Shelves should be placed only at right heights for the worker to reach with comfort.

A sink of ample size with two drain boards is best located near a window (for good light) and near the cupboard where the dishes are to be kept. If the stove is located near the sink, a more compact working surface will lessen the number of needless steps.

A built-in refrigerator arranged for when the kitchen is planned, with an opening in the back, and a corresponding hole in the house wall will abolish the nuisance of the ice man's tracks on the freshly scrubbed floor.

The housewife who has her kitchen already built must, of course, take it as it is and arrange her equipment to save labor and time. In the arrangement of equipment to save labor and time. In the arrangement of such equipment it is well to consider just what pieces are most used in connection with each other. A short consideration of one's own problems will show that ordinarily, work in the kitchen naturally divides itself into processes: first, preparing and serving the meals, and second, clearing away the left over food and dishes. Large equipment for each process grouped together into compact working surfaces makes fewer



steps. In preparing, cooking and serving the meal, the pantry, ice box, table or kitchen cabinet, stove and serving table are used. The second process brings into use trays, serving table, sink, drain, dish closet, pantry and ice box. Diagrams 1 and 2 show good and poor arrangement of kitchen equipment. Diagram 1 shows the equipment arranged in such a way as to make a straight route from refrigerator to the dining room possible in the preparation of a meal. For the clearing away process the equipment is grouped to make necessary the fewest possible number of steps. When such an arrangement as it shown in diagram 2 is used, about one-third more walking is made necessary, due to the fact that no consideration is made for consecutive use of equipment.

Another important point, often overlooked, is that of grouping the small equipment or utensils near the places where they are to be used. It seems so easy at dish washing time to dump every thing into one drawer, but it is not so easy to fish each piece out again when it is needed—sometimes needed quickly.

It is convenient to have near the table or cabinet a can opener, cleaver, egg beater, scissors, rolling pin, bread knife, spatula, paring knife, measuring spoons,

measuring cup and bowls. Near the stove should be placed those utensils most needed for cooking, such as skimmer, pancake turner, long fork and large spoon. It is safe to assume that a colander, a strainer, a fork, a spoon and a knife will be needed near the serving table. Each small utensil needs to have a space and one which is not over crowded.

Since a woman's back is not put together with hinges the height of working surfaces cannot be overlooked. The top of the stove and the work table, the bottom of the sink or any other surface upon which a task is performed should be of such a height from the floor as to enable one to work easily without having to stoop or raise one's arms unnecessarily.

If the working surface is too low, the worker must continually raise and lower the upper part of the body with each motion. It is too high she must lift her arms in such a way as to bring unnecessary strain upon the muscles. In a recent experiment made by the office of Home Economics of the United States Department of Agriculture, a woman was put in a calorimeter and made to wash dishes at a table eight inches too low for her and at eight inches too high. It was found that nine and seven-tenths calories of energy more per hour were required to do the same work at a table too low

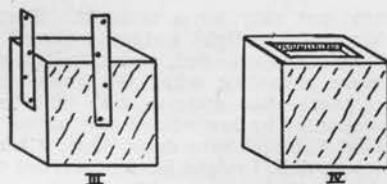


Table and Stove Surfaces May be Raised With Blocks of Wood

and four and nine-tenths more per hour at a table too high, than at a table of the proper height for her. This experiment shows that needless energy and labor connected with kitchen tasks can be avoided by raising or lowering the working surfaces.

The table or stove can be raised with blocks of wood if they are too low. If however, the table and stove surface are already too high the table legs can be cut off and shorter legs can be secured for the stove. To get the sink the proper height, the plumber may have to be "scalped," since he may insist upon placing it at a certain height without a consideration of the height of the one who is to work at it. Be the surface high or low, it seems only a matter to be decided as to which is the more important—the plumber's scalp or the housewife's back.

The following table has been worked out as the approximate heights for surfaces convenient for women of various heights:

Height of women—	Height of working surface
4 feet 10 inches	27 inches
5 feet	28 inches
5 feet 2 inches	29 inches
5 feet 4 inches	30 inches
5 feet 6 inches	31 inches
5 feet 8 inches	32 inches

Many times the work could be done just as well while the worker is sitting, if she only had a stool in her kitchen, and often times she could use a comfortable chair if one were only near at hand. Window curtains light and attractive and a well kept flower pot with a geranium growing in it, will add much to the pleasure of the hours spent in the kitchen.

No set of rules for every kitchen and housewife can be put on paper. The worker must gradually work out in detail the arrangement best suited to her kitchen, and its equipment, and to her own likes and dislikes. But by keeping in mind the principles mentioned in this article and by constantly keeping alert to time and labor savers, she can make obsolete such trite expressions as the "overworked housewife" and "run down mother."

A Pattern in Hot Lunch Service for Rural Schools

By GRACE McILRATH

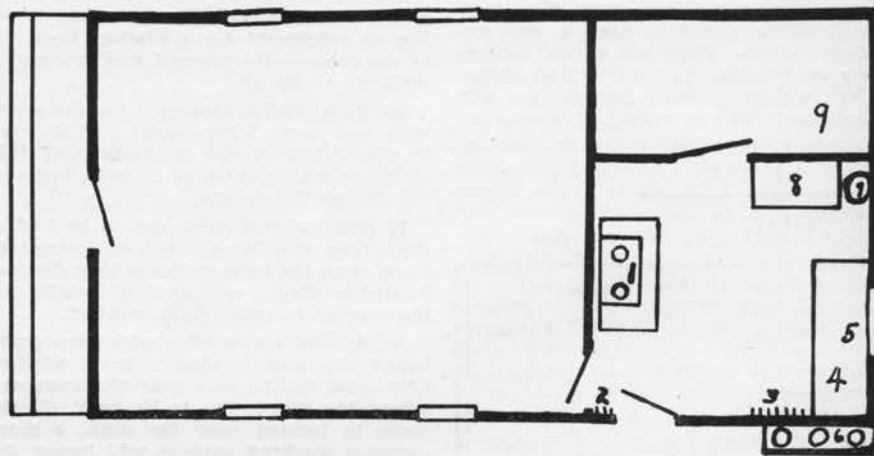
THAT THE serving of a hot lunch in a rural school may offer an opportunity to teach habits of cleanliness, sanitation and simple cookery, to the school children, has been proved by the Big Springs school in Cedar township, Linn county Iowa.

"This little school could well serve as a model for other Iowa rural schools," says Miss Margaret Baker, specialist in foods and nutrition, of the Agricultural Extension division of Iowa State College.

The twenty-five boys and girls enrolled in the Big Springs school are unusually enthusiastic, wide awake children. The Big Springs school itself situated in a generous acre of school ground is not unusual. It is the regulation one-room type school house with a large woodshed at one end and an artistic belfry (which is not exactly regulation), on top.

Mrs. Anne Schultz the teacher, with the help of Miss Hazel Spencer, the county home demonstration agent, organized the plan of serving hot lunches in the school in the fall of 1920. The project was put as much as possible in the hands of the children. The mothers of the children donated all the necessary small utensils and one mother expressed herself as being willing to donate a small oil stove if the plan "didn't prove a fizzle." The least bit of outside help was sufficient to overcome any difficulties and the children saw to it that the plan was not a "fizzle."

The woodshed was thoroly scrubbed and one end of it partitioned off with beaver board for the kitchen. The boys made a cupboard, having three shelves and a door with a catch latch, and built a table which the girls covered with white oilcloth. A wide shelf served as a storage place for lunch pails and extra materials.



A Floor Plan of the Big Springs School

1. Cupboard with oil stove on top.
2. Towels hung here.
3. Dinner pails hung here.
4. High window over shelf.
5. Wide shelf.
6. Wash basins.
7. Water cooler.
8. Bench.
9. Woodshed.

Miss Baker accompanied by the home demonstration agent visited this little school some months after the hot lunch plan was started. In telling of her visit she said, "We arrived at the Big Springs school just before noon. At exactly twelve o'clock Mrs. Schultz excused three pupils who went to the basins outside of the 'kitchen' door, washed and returned to their places bringing lunch pails and dishes for the hot food. Three others followed until all the small hands had been scoured (teacher overseeing) and all the lunch pails had been brought in.

Each child had a lunch cloth, which had been made in the school sewing class and which he spread out on his desk. The two cooks then brought in a piping

dish of delicious creamed eggs and the children spread their cold lunches on the lunch cloths, received their serving of the creamed eggs and started eating together. How cozy they all were and how mindful of their manners!

"When the meal was finished the dishwashers gathered up the soiled dishes and took them to the kitchen where the cooks had a pan of water heating. The children shook the crumbs from their lunch cloths out the windows, and folded and put the cloths away. While the dishwashers in gingham aprons washed the dishes, two other girls washed the blackboard, and the basins (as that was their duty for the day). By twelve forty the

work was done and at one o'clock school was called again.

"An inspection of the improvised kitchen showed us a row of tincups hanging on one side of the wall. Each child had his own drinking cup and used it. Drinking water was kept in a cooler in one corner. The water pails contained water for washing. Each child emptied his own basin and kept an individual towel on a hook just inside the school door. In some cases where more than one child came from a family the children had a 'family towel'.

"In the cupboard were few utensils. Two pails which could be used as a double boiler in making cocoa, some tin cups for serving, a baking pan, a box of scouring powder and some large spoons had been found adequate.

"Mrs. Schultz told us that every morning a nearby farmer left several quarts of milk at the school and the cost was divided among the children's families at the end of every month. Eggs, potatoes or other special food planned for the day, was donated.

"One of the most noticeable things about these children was that they had as much life in the afternoon as they had had in the morning. They did not become listless and restless toward the end of the day as children who have lunched on a cold pork sandwich and a banana or a pickle are certain to do.

"A visit around the community showed us that the parents were enthusiastic



Three Children Wash at a Time
Each Child Has His Own Towel Which
Hangs Just Inside the Door

about the whole arrangement. One mother who had five children in school said that she had noticed an improvement in the health of every one of them since 'hot lunch had been started at school'."

The country schools which are still tolerating cold lunches and those in which a hot lunch has deteriorated into the mere setting of a coffee pot on the stove at noon, may use the Big Springs school as an example.

A HOME SCORE CARD.

For many years farm and home products have been scored at fairs. In recent years babies have been scored at Baby Health Contests and now Dr. Caroline Elizabeth McCormick Memorial Fund, Hedger in charge of Child Welfare Work, Chicago, has prepared a health score card for children of different ages so that the parents can score them at home.

This score card is prepared in booklet form with full directions for use and kindly admonitions to parents to play the game squarely.

First of all there is a score for parents in care of children; not a score for parents health, but a score for the care they give their children. Then there is a score card for the baby from birth to nine months, and from nine months to two years. The child from two to six years, the school child, the adolescent boy and the adolescent girl, each have separate score cards.

It has been necessary to charge a small fee to cover cost but the entire booklet can be procured for 25c. Each page alone is 2c. This can be ordered through Margaret M. Baker, Specialist in Foods and Nutrition, Extension Service, Ames, Iowa.

The Reason for the Addled Egg

By C. H. PLUNKETT

"WHAT IS so rare as a good egg in September or October! If ever there come perfect eggs, it seems my tough luck to miss them."

This thought no doubt comes thru the mind of many a housewife as she breaks open a dozen or more high-priced eggs, and finds only a few that are usable.

Eggs rank with bread, milk and potatoes as one of the well nigh indispensable items of food. Since they are such an important part of the family food budget, the housewife is vitally concerned about a steady and continuous supply of them at reasonable prices and of good quality.

Price and quality long since have been divorced. Price changes from time to time but quality in so far as the housewife who buys her eggs is concerned, remains ever the same—"punk."

These conditions exist but what can she do about them? Scold the baby and complain to "hubby" when he comes home? Well yes, but how far will that get her toward a remedy? To point out a few remedies, for prevailing conditions, is one of the main objects of this story.

There is no secret about egg marketing processes, and no law against the housewives' studying them with the full purpose of finding out where the trouble lies and what she can do toward making it right.

Figures from city markets show that egg production exceeds consumption only during the months of March, April, May, June and July, leaving a period of seven months when normal consumption is greater than supply. That we do not go more or less eggless during these months

is due to modern cold storage methods, whereby the spring surplus can be stored and used during periods of scarcity.

Eggs, when laid, aside from variation in size, are a very uniform product. But between the new laid egg and the egg that the housewife buys on the market, there is a vast discrepancy, as she knows only too well from bitter experience. A few of the basic factors which cause eggs to deteriorate while on their way to market, will be given below.

The actual age of an egg is of much less importance than its environment. Wetting an egg shell is apt to result in the dissolving of the gelatinous coating by which it is normally protected. The contents will evaporate and leave the egg stale. Odors are absorbed, giving it a bad flavor. Bacteria creep in and cause rotting. Molds begin to grow and give the egg a musty flavor. Heat hastens all these processes, in addition to causing the development of blood rings in fertile eggs. Incubation goes on slowly between 68° and 103° Fahrenheit and rapidly between 103° and 107° F.

Strawboard fillers which hold eggs in cold storage are largely responsible for the characteristic "cold storage taste" of cold storage eggs. Moreover eggs, when taken from cold temperatures into warmer ones, will "sweat" or collect moisture and odors from the surrounding air.

It is apparent, then, that if the consumer is to have a good edible egg, it must be guarded from the time it is laid, against excessive moisture, heat and strong odors. This means a revision of the habits of, first, the farmer who lets his hens have nests in the open air, and

hauls his eggs to market without protection from rain and sun; second, the small dealer who leaves eggs in the sun at the railroad station; third, the retailer who leaves them in his store window exposed to room heat and the sun's rays; and fourth, the housewife who keeps them in a moist cellar, an odiferous ice box or a warm kitchen.

The country merchant who buys eggs from the farmer to get his trade buys on case count basis and sells to surrounding buyers on the same basis. As a result, no effort is made to secure good eggs. The wholesaler or buyer usually repacks the eggs but may or may not grade or candle them. He gets quotations from city markets, and sells by wire, usually in car load lots.

Eggs are graded according to size, cleanliness, cracks, color, freshness and firmness of body. First grade eggs are fresh, large weight, 45 pounds per case of 30 dozen, clean and sound-shelled. Second grades may be any one or a mixture of the following: small, clean, sound-shelled, fresh eggs; clean, large, sound-shelled, stale eggs, or eggs with incipient chick development, not yet developed to the point of blood rings. Dirties are all variations of size and freshness and are sold at low prices. Discards are spots, blood rings and checks.

There is a decided loss due to careless handling by collectors and wholesale dealers. Records kept in New York City for one year, according to the New York Bureau of Markets, show that 85 shippers from 9 states shipped into New York as fresh eggs, 64.4 percent firsts, 10.5 percent dirties, 9 percent cracks, and 3.5 per-

cent rots. A total of about nine million eggs were dumped after storage and freight had been paid on them. Who pays the bill?

After reaching the city markets eggs go thru the hands of wholesalers, commission men, jobbers and retailers, before they reach the consumer at a price from 50 percent to 100 percent more than was paid the producer.

Fraud and misbranding in the sale of eggs, by retailers and others, are widespread. But because of the nature of the egg itself, and of the lack of recognized legal grades for eggs, these are difficult matters to correct. Cold storage eggs are sold as fresh eggs. Old and deteriorated "fresh" eggs are sold as cold storage eggs, and stale, shrunken or deteriorated eggs are sold under some fancy name which gives the impression that they are of superior quality. There are laws against such practices, of course, but to enforce them would necessitate a special fund for that purpose.

The function of cold storage in egg production is to hold over a surplus of eggs to the time of scarcity. There exists, however, in the minds of the average consumer a real prejudice against cold storage eggs. This prejudice has some real basis. On the other hand there is a strong argument in favor of cold storage eggs provided they are stored in the proper season, under proper conditions. The real seat of the trouble with eggs is not to be found in cold storage practices, but in the methods of handling and marketing.

Sensational newspapers have waged campaigns against cold storage. Consumers recall earlier experiences with eggs when cold storage had not reached the present stage of development. Unscrupulous dealers have sold cold storage eggs as fresh eggs, and deteriorated "fresh" eggs as cold storage eggs. Probably the best founded prejudice is the one based on the matter of flavor, due to foreign odors taken from the boxes in which eggs had been packed and stored.

Climatic conditions which prevail during the months of March and April in the central states, are ideal for producing eggs and getting them to market without

deterioration. As a consequence, it is at this time of the year that eggs are best for cold storage. They are plentiful on the markets, with prices comparatively low. As the season advances, bringing warmer weather, production decreases, eggs deteriorate more rapidly, and as a result reach the markets in poor condition.

Eggs in good condition when stored, kept at a temperature just above the freezing point, placed in proper containers, and put away from excessive moisture and bad odors are good for a period of nine months. It is evident, then, conditions after storage being the same, that April storage eggs are better in September, October and November, than are July, August or even September eggs.

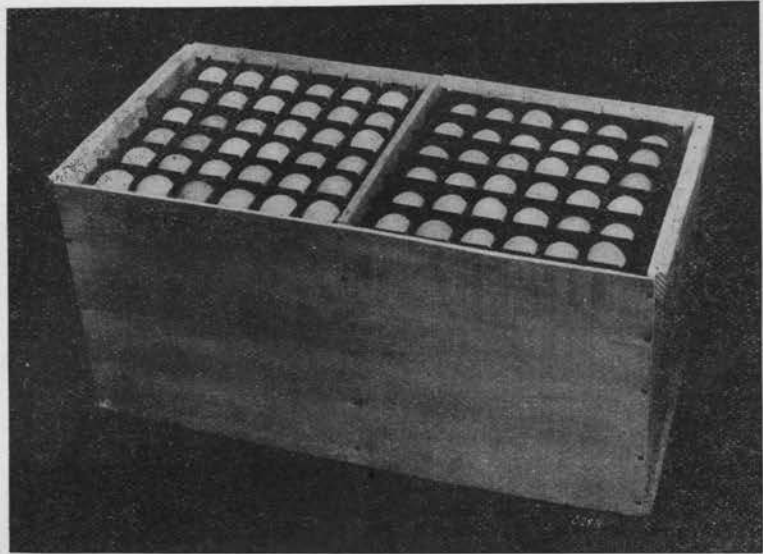
By going to market occasionally rather than using the telephone all the time, the housewife can spot the grocer who protects his eggs from bad odors, room heat and sunlight. It behoves her to trade with him, insisting that he candle his

eggs before delivering them to her. In case she still should get bad eggs, she can candle them herself immediately upon delivery, and return to her grocer, the ones that show dark centers or excessive evaporation rings.

As has already been pointed out, retailers are only partially to blame for the bounteous supply of bad eggs on the market. But if each housewife demands good eggs from her grocer, he will do the same for his wholesaler, who in turn must have good eggs from his collector who buys from the producer.

The housewife can in a way protect herself by giving up her prejudice against cold storage eggs, provided they have been stored during the proper season under proper conditions.

Since women have the privilege of suffrage, the housewife can well afford to use her influence for the enforcement of effective legislation on practices connected with egg marketing.



A Well Packed Portable Case of First Grades
Notice the Uniformity in Size and Color

Ringgold County's Health Campaign

IOWA WAS THE first state to put on a baby contest at a state fair.

And now Iowa, by putting on a three month's nutrition campaign, is "first" again. Ringgold county is first of all the counties to take up the work.

Last year the Red Cross county nurse weighed and measured all the youngsters in the schools over the county and found 24 percent of them to be seriously underweight. A large percentage of them were country children. The fathers and mothers looked at each other and then at their children and said, "How come? Our hogs top the market but our children are under weight!" It was plain that the feeding problem had become commercialized.

Now the farm bureau in Ringgold county put their heads together and decided that their county should have a nutrition campaign with a specially trained leader for three months. The county agent, J. A. Bliss, went to the Extension Department of Iowa State College and asked for such a leader. The Extension Depart-

ment immediately made plans for the first county wide nutrition campaign ever put on in Iowa or any other state.

After the county agent and the Red Cross and several other organizations had paved the way by diligent advertising for the preliminary meetings, Miss Elizabeth Storm, an Iowa State College graduate, went to Ringgold county September first to start the campaign.

In the first week she made eighteen talks, organized classes in food study, made arrangements for exhibits, visited schools and held private conferences. Since then the days have been full of meetings and school visits.

Sometimes Miss Storm goes out with the county agent for his poultry culling demonstrations and after the men and women have learned to know a good healthy, profitable hen when they see and feel one, she explains how to discover malnutrition in children, how it is caused and how it may be cured.

At the township farm bureau picnics

Miss Storm stretches a cord from the Ford to a tree and hangs up her educational posters. On the running board of the same handy Ford are displayed the free bulletins on child health, food for the family, milk, etc. While the older boys play ball and pitch horseshoes and the parents visit, the youngsters walk solemnly around the posters, reading and explaining to their younger brothers and sisters that this poor little rat didn't have any milk protein and this nice fluffy rat had all he wanted.

Then the mothers come up and talk, too, about what their boys and girls need and how they coax them to eat it. One mother not long ago said, "James was so anxious for milk that he carried his cup and a macaroni stick down to the barn and his daddy milked right into his cup for him."

One little school ten miles from a town, is especially proud of its nine scholars, for none of them are seriously under-

(Continued on page thirteen)



TO DYE WHITE CORDUROY

Is it possible to dye white corduroy successfully and if so what is the proper way to dye it?

Not long ago an expert dyer from one of the biggest clothing firms in the east gave a demonstration before the Home Economics department of the Extension division at Iowa State College, at which she displayed a beautiful collection of samples of corduroy in a variety of shades. These samples had all been white corduroy originally.

Corduroy may be dyed as easily as other fabrics. Be careful that the material is clean and moist before putting it into the dye bath. Follow the directions on the package of dye and be sure to use enough dye as corduroy absorbs a great deal of color. To give the dyed fabric the soft velvety appearance of the original material, brush it with a stiff brush when it is almost dry.

BRIGHTENING YOUR ALUMINUM

Is there any way to clean and brighten aluminum ware without using a commercial product?

First wash your aluminum in hot soapy water. Then polish with steel wool or whiting moistened with alcohol. If the aluminum is discolored try a weak acid. Finish the cleaning by rinsing in hot water and drying.

REPLACING SCRATCHED MIRROR BACKS

How can the silvering be renewed on the back of a mirror?

Some tin foil and mercury is all that is necessary for this. Lay the mirror face downward on a smooth surface and prepare a piece of tin foil large enough to patch the damaged part by rubbing it with mercury. Place the patch in position, lay a sheet of paper over it and put on it a weight having a perfectly flat surface and heavy enough to press it down tightly. Let the mirror lie in this position for a day or two until the foil adheres to the glass.

SELECTION OF CHINA WARE

I intend to buy a new set of dishes soon. What "make" would you advise me to select? I would like to find one of medium price which is reliable and yet attractive.

Names of different "makes" of china-ware cannot be given here. In selecting dishes, however, it is well to choose those from open stock so that they may be replaced. White china or that having a small conventional design that will match all color schemes, is the best kind for the housewife who has only one or perhaps two sets of dishes.

TO REMOVE GLASS STOPPERS

What is a good method for removing glass stoppers of decanters, etc., that stick? I am afraid to apply heat to the neck of my cut glass bottles on account of the danger of breaking.

A safe method is to apply a few drops of sweet oil or salad oil to the neck of the stopper, and let stand a few minutes to soak in between the stopper and the neck of the bottle.

PROTECTING BLACK HOSIERY

How can one prevent black hosiery from turning brown?

Using very strong bluing in the water will set the unstable color of wartime dyes.

CURDLED SALAD DRESSING

What can I do to prevent my cooked salad dressing from curdling?

The speed of combining the materials has a great deal to do with the result. If the vinegar is heated and combined very slowly with the ingredients there is less danger of it curdling. Some people cook the salad dressing before adding the vinegar and have good results. If water be substituted for the milk and whipped cream is added just before using, all danger of curdling is removed. If sour cream is used in place of milk the results are also good. The freshness of the milk undoubtedly has much to do with the results, fresh milk being less apt to curdle.

REMOVAL OF WATER SPOTS

What can I use to remove water spots from waxed floors?

These spots can be removed by rubbing them in circles with a flannel cloth and turpentine. The turpentine both cleans and partially softens the wax so it gives up dirt.

MEANING OF "COVER"

Just what is meant by the term "cover," as it is applied to meal service?

The plate, napkin, glass and cutlery set in place for each individual at the beginning of a meal are designed as "the cover." Each cover requires from 20 to 24 inches of length and fifteen inches for depth.

PLACE OF HOSTESS AT THE TABLE

At which end of the table should the hostess sit?

The hostess sits nearest the kitchen if she must wait on the table. Otherwise her place is facing the kitchen. The host always sits opposite the hostess.

EFFECTIVE MORDANTS

I have a great deal of trouble with colors fading due to improper laundering. What can I do to set various colors?

For pink, brown, black or black and white use two cups of salt to one gallon of water. Blue, green and mauve can be set by using $\frac{1}{2}$ cup of strong vinegar or one tablespoon of alum to one gallon of cold water. Lavender requires one tablespoon of sugar of lead to one gallon of cold water. Remember to use cold water allowing the article to stand overnight and to dry before washing. When salt is used the garment must be always re-treated.

RULES FOR MENU WRITING

Are there any rigid rules for menu writing and if so what are they?

There are certain rather set rules for menu writing. For instance every word in a menu should begin with a capital letter except a conjunction or a preposition. The main course should be written well down the center of the page. The accompaniment of a course is placed at each side of the main course and below. The most important dish is placed at the right. When finished the menu should resemble a diamond in shape.

TO SHRED LETTUCE

How may lettuce be shredded so that it has an attractive appearance after shredding?

To shred lettuce, roll the outer leaves of head or leaf lettuce and cut with a pair of sharp scissors.

CUTTING MARSHMALLOWS EASILY

I find it very difficult to cut up marshmallows for a salad. I use sharp shears to do the cutting but the marshmallows stick to the blades and make it impossible to cut more than two or three without washing the shears.

When you start to cut your marshmallows, have a cup of cold water beside you. Dip the scissors in the water occasionally as you are cutting and you will have no trouble with the marshmallows sticking to the blades. The same plan may also be used in cutting an angel food cake. An angel food cake cut with a knife which has been frequently dipped in cold water will not stick or become gummy.

PRONOUNCIATION OF VITAMINS

How is the word vitamin pronounced?

Vitamin is pronounced vit a min, with a long i in the first syllable and a short i in the last syllable.

THE IOWA HOMEMAKER

"A Magazine For Homemakers From a Home Maker's School"

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THE WOMEN OF IOWA STATE COLLEGE MOURN DEATH OF DEAN CATHERINE J. MACKAY

"The world today needs trained men and women of sincerity, of good judgment, of vision and of constructive energy."

This is an extract from a message sent by Dean Catherine J. MacKay only a few months before her death to the girls who graduated in the class of '21.

Strangely, or perhaps naturally enough, in this message of appeal to a group of college girls she embedded the principles which controlled her own life.

Strong sincerity of purpose and an absolute sincerity in dealing with others marked every act of her life. This coupled with her tact and graciousness of manner gave her a particular charm which was felt by everyone with whom she came in contact.

Her good judgment was shown in the way she selected capable assistants and instructors to help her in building up home economics work. A recognition of that judgment was made by the American Home Economics Association when it twice elected her to its presidency.

Her high ideals are reflected in the high standards which guide the department of which she was the head, and in the lives of those who have practiced the principles of living and homemaking which she taught.

Her constructive energy was a strong force in building up one of the largest home economics divisions in the world. Outside of Iowa State she was recognized as being one of the women who definitely broke down the last barriers in the way of full recognition of home economics in the curricula of colleges and universities.

Her death was a blow to the women of Iowa State College.

She was heart and soul of the Home Economics division for so long that to the students with whom she came in contact she personified Home Economics in the highest sense of the word. She was a friend, an inspiration and an ideal. In all their dealings with her they found her most truly to be a "woman of sincerity, of good judgment, of vision and of constructive energy."

IS YOUR CHILD'S BIRTH REGISTERED?

IN A LITTLE leaflet published by the Children's Bureau of the United States Department of Labor, twenty states are cited as having a birth registration law which is enforced, and Iowa is not among these.

Now Iowa has a birth registration law which requires that a baby's birth be reported by the physician, nurse or midwife in attendance to the health officer or town clerk, who in turn reports it to the state board of health. But this law is not being properly enforced as the report of the Department of Labor shows.

Necessity for more complete birth registration was shown during the war when thousands of young men were confronted with the necessity of proving their age and citizenship and were unable to do so because their births had not been properly recorded.

It is vastly important that a child's birth be registered in order:

- To prove his age and citizenship
- To prove his right to work
- To prove his right to go to school
- To prove his right to inheritance
- To prove his right to marry
- To prove his right to hold office
- To prove his right to secure passports for foreign travel
- To prove his mother's right to a widow's pension

Every Iowa mother should make sure that her child's birth is properly recorded, by writing to the State Board of Health. In case any birth has not been registered the mother may register it herself by filling out a blank which may be secured from this board.

It is not too late to do this now and it may mean a great deal to your child, later on.

HEALTH TOWN

IF A national health organization offered to send to your community a health officer of national repute to conduct a five year demonstration of what an American town or county can do to increase the health of it's children, wouldn't you grab at the chance?

When the National Health Council not long ago stated it's intention of carrying on such a demonstration many communities did "grab" but Mansfield in Richland county Ohio was honored by being chosen as the field for the experiment.

Mansfield or "Health Town" as it is already being called, was chosen from the other eighty communities which bid for the experiment because it had the most factors typical of an average American community.

The health demonstration is to be conducted by Walter H. Brown, former health officer of Bridgeport, Conn., who is just now leaving the Commission for the Prevention of Tuberculosis in France.

Tho Mansfield may well be envied, it has the congratulations and best wishes of every American community. Fortunate indeed, are the children who are going to spend the next five years in "Health Town."

WHAT IS A HOME?

"Home is not a place; it is an ideal," a noted lecturer recently remarked. Which starts us to wondering just how we would express our idea of a home, were we asked to do so.

From time immemorial writers have tried to define a "home" in terms idealistic, clever, sentimental, and otherwise, but Kipling penned one of the most beautiful and expressive of all tributes when he said:

"God gave all men all earth to love, but, since their hearts are small, ordained for each one place should prove beloved over all. That place is home, and they have lived who find it."

Short Cuts in Sewing

By HELEN EASTER

DO YOU remember the days when the sewing lady came to your house and sewed and sewed and then you pulled the bastings? And there were yards and yards and spools and spools of bastings, and mother made you save them all so carefully? Do you remember the hours spent on fine hand finishings and tiny seams, that never showed at all when your friends admired your new dress? But that was several years ago. The idea today is not only to save time, energy and basting thread, but to do everything in the easiest way possible.

Have you often marveled at the clever ideas that are used to put together the readymade dress, and have you stopped to realize that you have most of the facilities in your own home to make those very same things, and that they are simplicity personified if you just take the time to analyse them?

Take for instance the cable stitch that has been so popular as a little "stylish touch" to the ready made dress. Do you know that all you have to do to make that same cable stitch is to wind your bobbin with heavy mercerized or silk thread and lengthen the stitch? Then stitch from the wrong side.

The bound buttonhole has been not only a popular trimming but a useful one as well. It is used for dresses, belts or as a foundation for the set in pocket and is very easily made. A bias piece of material is used for the binding and the eight steps are as follows:

1. Mark with basting thread the exact length of buttonhole.
2. Lay a piece $2\frac{1}{2}$ inches wide and 1 inch longer than the opening over it, on the right side, with center to the basting line.
3. Stitch the width of the foot from the basting all around.
4. Cut on basting line and diagonally to the corners.
5. Pull contrasting material through the hole.
6. Pull back the short ends.
7. Bring cut edges back to the middle.
8. Stitch just outside the outer edge of binding.

And there you have a finish that is neat and durable. It may be "just for looks" or it may be used to finish the set-in pocket in the middle you are making for the young sister. But even this method of making bound buttonholes is not simple enough for the efficiency experts of the art of dressmaking. That simple device which is listed in your book of machine attachments as the "binder" is a little gem in the saving of time in dressmaking. Bias binding has been used in a trimming for dresses, an easy way to finish a seam when the material is too bulky to use a French seam, as a finish for the flat seam and now to make a sturdy buttonhole that is especially practical for the small youngster's rompers.

Do you remember what a tedious job it was to make a placket and how the placket on your petticoat was just as laboriously made as the placket on your Sunday dress? But why such work. Who ever stops to look at a placket?

There are three easy plackets to make,

the extension placket, the bound placket and the faced placket. The extension placket is a good one to use for your underwear and wash dresses. It is made by first leaving an extension on the material when cutting. Stitch a strip of bias tape under each side on a line with the seam, making thickness to which to sew fasteners. Then bind the raw edges with bias tape.

The bound placket can be used for children's wash dresses when the placket comes under a plait. Simply bind the opening with a continuous piece of bias tape.

The faced placket is for sheer dresses, where it is desirable for no stitching to show. This is a little more difficult to make. There are eight steps.

1. Cut a piece twice the width of desired finished placket.
2. Hem with narrow machine hemmer.
3. Crease through the center.
4. Place center of placket piece on line where placket is to be cut.
5. Stitch width of narrow foot from crease on each side.
6. Cut through the center.
7. Pull placket piece through to wrong side.
8. Crease and stitch close to the edge.

How many housewives realize how very versatile the sewing machine is even without the attachments. It will not only sew a fine seam, but it will darn your table cloths and bed linen in the neatest possible way. Just tie up the foot so that it is about $1/16$ of an inch from the feed, which allows the work to be drawn forward or backward. Then stitch forward and backward making rows of stitching very close together. Put in first lengthwise stitchings and then crosswise. It will over-cast raw edges if you just tie it up as for darning and then run the stitching in a zigzag line; and it will gather your skirt beautifully if you lengthen the stitch. Put in a double row of stitching and then pull the threads up until you have the desired fullness.

There are two other neglected friends of the seamstress, the common pin and the homely flat iron. They will both save your time and temper many times if you use them wisely. Basting is so often unnecessary labor. These few hints will help.

Place pins in the cloth at right angles to the edge.

Press a wrinkled pattern before laying it on the goods.

Press wrinkled material before cutting a garment.

Press the second turn of a French seam.

Pin the hem or facing after it is pressed.

Pin seams instead of basting.

The art of dressmaking has been greatly simplified during the last few years, but we cannot criticise the results. The dresses of today are just as pretty and just as serviceable as the dresses of yesterday. We have learned that the art of homemaking in all of its phases has had to come up to the 20th century methods and ideas.

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Pressing and
Shoes Shined
at the

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ery. Come in and let us go
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AN INVENTORY OF SKILL FOR THE
HONEST HOUSEWIFE

(Continued from page 3)

DO YOU:

Work with or for your family?
(There's a difference.)

Sing at your work?

Love your family and friends because
of their peculiarities and not in
spite of them? (There's a differ-
ence there, too.)

Appear your very best in your home?

Appreciate yourself when you look
well and govern yourself accord-
ingly?

Have an ideal for which the whole
family strives?

Polish your house shoes and keep
your house dresses mended and
neat?

Make a point of being punctual?

Want to own your own home?

Make the most of what you have in
the mean time?

Have vigorous health and maintain
a high health standard for the fam-
ily?

Do your housework with the fewest
steps and the least exertion?

Train your children to appreciate
their responsibility in their home
and to shoulder their share of the
work?

Keep posted on the development of
household economics?

Attend the Women's club or P. T. A.?
(Or bridge parties?)

Boost all civic improvement in your
town?

By now your questionnaire may be pret-
ty badly mused up but don't be dis-
couraged. These leaks in purse and hap-
piness are small and can be stopped with
a bit of time and effort. By sitting in a
comfortable chair to note the liabilities
of the family business, you are rested and
ready to take up the next task with
energy. You feel as if you could put it
across in a short time and be ready for
the next most urgent thing whether it be
a pot roast for dinner or a story for
Bobbs.

He hated having his photograph taken,
but his wife, indirectly, had forced him to
undergo the much dreaded ordeal.

When she saw the photograph she cried
out in horror, "Oh, George, you have only
one button on your coat!"

He—"Thank heaven you have noticed
it at last. That's why I had the photo-
graph taken."—London Tit-Bits.

NEW HOME ECONOMICS WORKERS
IN EXTENSION DEPARTMENT

By ROSE STORM

THE EXTENSION department of Iowa
State College might truthfully be
called the "expansion" department, for
with September came three new mem-
bers to the Home Economics force alone.
The benefits of this addition will be real-
ized more fully when their plans for the
coming year materialize.

Miss Gertrude Leon, the new home
management specialist, will teach econ-
omy projects so thoroly that old H. C. L.
will have to seek a more healthy climate.
Her systems of household accounts and
family budgets, her efficient housekeep-
ing and her ideas for labor saving devices
will be presented to every housewife in
every Iowa county, and if they hearken
to her wisdom, Iowa will be "budgetly" 100
percent perfect. Miss Leon was previous-
ly with the Kansas Agricultural Exten-
sion department but came here from Col-
umbia University.

Are you mothers interested in the
health and welfare of your children?
Then give Miss Dorothy Taylor food spe-
cialist, your cooperation when she starts
her nutrition and health training classes.
Miss Taylor is a graduate of both Idaho
and Columbia universities and has been
with the extension department of both
schools. Her recent work has been in
social welfare clubs in New York, with
special work among the parochial stu-
dents.

Nor will home beautifying be neglected
in these state wide campaigns for Miss
Elizabeth Putnam, the household furnish-
ing specialist, will reach Iowa housewives
thru the home demonstration agents and
womens clubs, with a series of lectures
on house furnishings. Her lectures will
cover furniture refinishing, interior de-
coration, picture choice in the home and
countless tips on homey touches that are
at once attractive and inexpensive. Miss
Putnam is a graduate of the Chicago Art
Institute, has studied at Chicago Academy
of Fine Arts, St. Paul Art Institute and
has had special training with a profes-
sional jeweler in Chicago. Aside from
this, Miss Putnam spent two years in
army service as a reconstruction aid and
was head of the department of fine arts
at the Chicago Technical Normal school.

With these additions to the extension
force Iowa State should make herself
more prominent than ever before in the
home improvement field.

The Store of Interested Service

This store's service is not
measured by the actual
transaction of purchases.

Underlying each such
transaction is a friendly
interest which makes this
service quite another thing
from mere duty.

The interest extends be-
yond the matter of sale. It
is concerned in knowing
that the returns in satis-
faction and service are
lasting.

Our patrons are quick to
sense this "human" side
of our business, and this,
we believe, contributes
largely to the kindly feel-
ing evident here between
the salesperson and the
purchaser.

We Welcome

the faculty members and student body of Iowa State
College back for another year and herewith extend a
cordial invitation to visit our shop. Come in, let us
get acquainted.

Godard's Gift Shop

Yunker Brothers

DES MOINES, IOWA

RINGGOLD COUNTY'S HEALTH
CAMPAIGN

(Continued from page 8)

weight and none of them drink coffee. They all bring milk in their lunch boxes and soon they will serve a hot lunch of a cream soup, cocoa or milk toast, at noon.

Before the close of the campaign, December first, the schools will all compete for prizes in posters and milk essay contests. Each community will have a big rally day with a splendid health program and educational food exhibits.

Watch Ringgold county!

CHANGES IN HOME ECONOMICS
FORCE

The new school year has brought to the Home Economics division of Iowa State College a large increase in the number of students enrolled and several additional members to the teaching force.

Miss Ruth P. Springer, a graduate of Columbia Normal School of Physical Education at Chicago, is a new addition to the physical training staff and has charge of freshman physical culture work as well as sports. Miss Springer was previously the physical director in the State Training School for Girls at Geneva, Illinois.

In the two year department Miss Julia L. Hurd is taking the place of Miss Myrtle Ferguson who resigned last spring.

Miss Willetta Moore is a new instructor in the household science department. Miss Moore is a graduate of Oregon Agricultural College, has taught for four years in Eugene, Oregon, and has been a dietitian in the Portland Medical Hospital.

Another new instructor in the same department is Mrs. Jean R. Fortenbacher. Mrs. Fortenbacher is a graduate of Indiana University and has taught in the state Agricultural College at Jonesboro, Arkansas as well as at Taylor University, Upland, Indiana.

Miss Lydia Jacobson, an Iowa State College graduate who has been sewing supervisor at the high school in Clinton, Iowa, is a new instructor in the teacher training department. A new assistant professor in this department is Esther V. Leamer, a University of Nebraska graduate, who has taken graduate work at Chicago, has taught in the Nebraska School of Agriculture and has been director of Home Economics at Dakota Wesleyan.

In the applied art department is Miss Henrietta C. Porr a Pratt Institute graduate, who has since her graduation been supervisor of art at Columbia, Pennsylvania, assistant supervisor at Steelton, Pennsylvania and craft supervisor at Camp Quinbeck, South Fairlee, Vermont.

Miss Ruth Spencer, a former Iowa State College graduate is also teaching in this department.

Beth Kingery O'Brian, who taught millinery last year is now married to Harry O'Brian, former instructor in journalism at Iowa State College.

Dinner Service Etiquette

Never crumb a table unless there are crumbs there. Nothing looks more superfluous than diligent crumbing of a crumbless table. When necessary, crumbs should be removed with a folded napkin and a small tray.

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When down town stop at our little candy store. We handle only the very best of confectionery and sell it at a fair price.

Home-made candy, salted nuts, and Bunte's fancy candies are our specialty.

HOWARD ADAMS

222 Main Street

DO YOU HAVE AN EMERGENCY SUPPLY CUPBOARD IN YOUR HOME?

Physical accidents happen to the worst of unprepared families. Haven't we all rushed madly after the peroxide or the witch hazel, to find the bottle empty or out of its accustomed place?

Then comes the time when we reap the reward of our carelessness. "If this cut had had care from the first there would have been no danger of infection, but—." This is the remark which brings home our lack of preparedness.

Surely there can be some place in the home where all emergency supplies can be kept; if not a cabinet, then some other arrangement serving the same purpose.

Always it is necessary to have proper labels on containers so that the correct one may be quickly found.

A cupboard should contain at least these few emergency supplies:

- Mustard, powdered
- Sodium bicarbonate
- Witch hazel
- Carbolized vaseline
- 1 bottle soda mint tablets
- 1 small package antiseptic gauze
- Alcohol
- Aromatic spirits of ammonia
- Castor oil
- Epsom salts
- Lime water
- Carron oil (equal parts of olive oil and lime water)
- Corrosive sublimate tablets (poison). Keep in bottle that cannot be mistaken for anything else.
- 1 roll adhesive tape
- 1 pair small tweezers
- Small bottle iodine
- 1/2 pound absorbent cotton
- 6 gauze roller bandages (3 large and 3 small)
- 1 roll old muslin
- 6 gauze roller bandages (3 large and 3 small)
- 1 small bottle collodion
- 1 pair scissors
- 1 paper safety pins (medium size)

NURSERY PICTURES

The most interesting part of the furnishing of a nursery is the selection of the pictures. The babies and smaller children want simple suggestive subjects simply and broadly executed in rather strong colors. These colors must not be crude, however, and the drawings must be good. The baby's small finger invariably indicates as his favorite subjects the "moo-moo," the "bow-wow," "baby," etc., so that for his pleasure we must select pictures of animals, children and flowers.

The friezes partly meet this need, but we may get besides naturally colored pictures of birds, animals and flowers. They come in long folded sheets especially intended for kindergartens or nurseries. There are besides, poster pictures of Mother Goose rhymes, dogs, cats, birds and little Dutch children. The pictures by Jessie Wilcox Smith and Elizabeth Shippen Green illustrating child life are wonderfully attractive framed in narrow, dull, black frames. The colors are very beautiful.

In photographs there are the cows of Troyon and Van Marcke, the sheep of Jacque, the horses and oxen of Rosa Bonheur, the dogs of Landseer, Maud Earl, Sterling, Walter Hunt, etc. These men also have some charming pictures of cats, deer, tigers and lions. Gainsborough's "Boy Blue" is always a favorite, and the children's heads by Laurence, Rommey and Reynolds as well. Chelazzo da Forli's angels are very beautiful.

Of the religious pictures the children and lambs of Murillo will probably delight the children most at first, but later they must be taught to love the Madonnas of Raphael, and later on those of the Florentine school. There must not be too many on the walls at once of any kind.



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THE TILDEN STORE

Alber Art Shop

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PICTURE FRAMING—KODAK FINISHING

Alber Art Shop

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OPPOSITE PRINCESS THEATRE

THE WISE OLD WOMAN

There was an old woman, who lived
in a shoe,
Had a houseful of children—a dozen or
two;
And she furnished them bed and she fur-
nished them board,
But all were mouth breathers—and, my,
how they snored!

They were slow at their tasks, they were
dull at their books,
They were stupid in manners and stolid
in looks;
For they had what each sensible person
avoids—
They had enlarged tonsils and bad ad-
enoids.

And the old woman said: "I'm so sad I
could weep;
My dear children rob me of pleasure and
sleep.
But they're not to blame; they'd do bet-
ter, no doubt,
If they had all their tonsils and adenoids
out."

So she hurried them off to a surgeon of
note,
Who removed the obstructions from each
little throat;
And when they returned, hale and happy
again—
The home in the shoe was a pleasant one
then.

They were quick at their tasks, they were
bright at their books,
They were proper in manners and cheer-
ful in looks;
For no longer they had what wise per-
sons avoid—
Gone was every big tonsil and bad ad-
enoid!

—James Ball Naylor, M. D., Health Com-
missioner, Morgan County General Health
District.

The teacher had stated the question
very clearly, "What is it children, that
goes every where, and fills all space, yet
we cannot see it?"

Silence reigned. After several minutes
of concentration a small hand waved on
high in the back of the room. The teach-
er was pleased. "What is it, Johnnie?"

The answer came clear and strong, "the
smell of onions, mam."—Exchange.

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The Iowa Homemaker

If you had a chance to take a trip to one of the biggest Home Economics divisions in the world, to visit its buildings, talk intimately with its instructors, learn to know its students, become familiar with its new methods of homemaking and absorb its ideals—all for \$1.50, wouldn't you grab at the chance?

The Iowa Homemaker, the only magazine in the world published by the students of a Home Economics school comes to you ten times a year, giving you a more intimate and personal glimpse into the life of the Home Economics division at Iowa State College, than an actual visit might give.

Send for a sample copy, if you have not already had an opportunity to become acquainted with the "Homemaker," or mail the yearly subscription price of \$1.50 to the circulation manager immediately and get the new November issue.

A Homemaker's
Magazine
From
A Homemaker's
School



The Verdict

of people educated to know food values, is that you cannot compare that made at O'Neil's with any other made anywhere

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☞ We deliver ice cream to all parts of Ames and the campus.

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